

SEEKONK COUNCIL ON AGING

October 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop, & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500	2 Tips on Talking with Your Doctor By Bonnie Ryvicker @ 10am Lunch: American Chop Suey for \$2 Pitch 12:30 - 2:30	3 Senior Exercise at Seekonk Total Fitness \$1 10:45 - 11:15	4 Mexican Train (Dominos) 10am - 12pm Wii Bowling 10am
7 Senior Exercise at Seekonk Total Fitness \$1 11:30 - 12:15	8 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500	9 Service Dogs @ 10am Lunch: Chicken Pot Pie for \$2	10 Senior Exercise at Seekonk Total Fitness \$1 10:45 - 11:15 Men's Breakfast @ 8:30 am Toti's Restaurant	11 Mexican Train (Dominos) 10am - 12pm Wil Bowling 10am
14  Happy Columbus Day	15 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500	16 Cardiac Care 9am - 12pm Pitch 12:30 - 2:30	17 Senior Exercise at Seekonk Total Fitness \$1 10:45 - 11:15 Women's Brunch @ 10:00am Toti's Restaurant	18 Mexican Train (Dominos) 10am - 12pm Wii Bowling 10am
21 Senior Exercise at Seekonk Total Fitness \$1 11:30 - 12:15	22 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500	23 Brown Bags Drop-Off 09:30am - 11:00am Pick-Up 11:00am - 12:30pm TRIAD: Fall Safety @ 10am Lunch: Venus de Milo Soup for \$2	24 Senior Exercise at Seekonk Total Fitness \$1 10:45 - 11:15	25 Mexican Train (Dominos) 10am - 12pm Wii Bowling 10am
28 Senior Exercise at Seekonk Total Fitness \$1 11:30 - 12:15	29 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500	30 Halloween Party @ 10am Lunch: Meatloaf for \$2 Pitch: 12:30pm - 2:30pm	31 Senior Exercise at Seekonk Total Fitness \$1 10:45 - 11:15	

